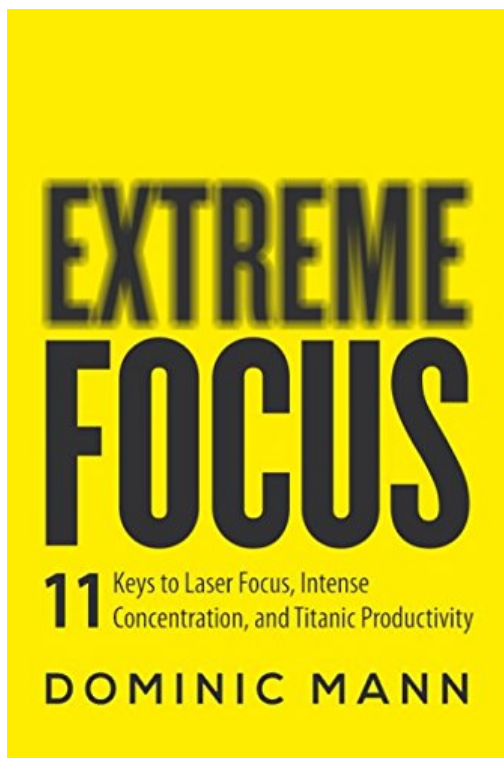


# Epub Download Extreme Focus: The 11 Keys to Laser Focus, Intense Concentration, and Titanic Productivity Full Book



## Book details

- Author : Dominic Mann
- Pages : 116 pages
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## Book Synopsis

Constantly busy but always behind? Stressed and overwhelmed? Wish you could supercharge your life and focus on demand? Want to be able to slice your way through to-do lists with laser-like focus? To concentrate when it matters and achieve jaw-dropping results? Then Extreme Focus is the book for you. Extreme Focus teaches you how to develop razor-sharp focus, rock-solid concentration, and titanic productivity. By the end of this book, youâ€™ll be effortlessly ticking your way through to-do lists with an uncontrollable grin. Multiply your day. You will discoverâ€™ 18 scientifically formulated techniques for razor-sharp focus and sustained concentration. 27 proven productivity hacks. A curated collection of actionable real-life examples including Mozart, Picasso, Napoleon, hedge fund managers, and Navy SEALs. How to zap brain fog and reclaim mental clarity. And much more! How will you learn to develop laser-like focus? Discoverâ€™ How Pablo Picasso entered a trance-like state of extreme focus to paint his best works. How you can use Napoleonâ€™s most successful military strategy to conquer your to-do list. The diet used by memory champions, Navy SEALs, and hedge fund managers to enhance cognitive performance and give them laser-like focus. How to (literally) grow your brain, skyrocket energy levels, double your learning speed (yes, seriously), and increase intellect. And much more! Perform at the apex of your abilities, develop laser-like focus, and win admiring glances. To develop unceasing productivity and supercharge your life, scroll up to the top and click BUY NOW!